

Vitis Vinifera: Abundance & Vitality

~ 'What determines whether a thing is a toxin or not is the amount' ~

Canyon Grape (*Vitis Arizonica*) which grows in the southwestern regions of the USA and Mexico and other wild grapes (ex. *Vitis Riparia*, which grows in Canada) are edible with different individual plants being sweet and others being bitter. The leaves can be used in cooking as other greens, and the fruit can be used as a refreshing herbal grape nectar beverage, or made into remedial preserves, and also as a simple, natural anaesthetic (also called 'medicine for the weary').





(Vitis Vitifera growing abundantly on the vine)

Researchers stated that the composition and nutritional profile of grapeseed oil [*Vitis Vinifera*], including tocopherol, linolenic acid, resveratrol, quercetin, procyanidins, carotenoids, and phytosterols, offer cardioprotective benefits, as well as protecting against inflammation (and thus over time, chronic diseases) and cancer.

Mustopita ('Must Bread'):

“We really must make the best of it!”

To make *Mustopita*, grape must (what is left over after wine-making, including skins etc.) is combined with ingredients like organic *spelt*, *barley* or common whole grain flour, organic nuts, herbs (possibly *anise hyssop* and *allspice*), etc. and baked as yeasted bread is usually baked, or as a traditional pudding (a baked dessert having crumb). *Mustopita* can be made using wild grapes, and is popular when berries are freshest at grape harvest season.



(*Vitis* means "Vine," and *Riparius* means "of riverbanks" in certain dialects of Latin.)

Some accounts of the various uses of *Vitis Vinifera* Seed Oil include:

"Works very well on salads, as well for frying."..."Taste is as good as any oil on the market."..."I use Grapeseed Oil [for] its health benefits... being high in vitamin E and other antioxidants. Each morning I [take a few tablespoons]. The oil helps... [with constipation, and with helping you] remain regular with bowl movements. It works really well for me."..."I use it for cooking as well as for making home made body butters..."..."Great when combined with beeswax to coat cast iron products. Provides an excellent non-stick surface."..."Has cured toenail fungus."..."This is my go to for cooking, skincare and soap recipes. It feels nice on the skin.'

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